THE INVENTION CLAIMED IS

1. A process comprising:

providing a predetermined amount of a gel;

fractionating said gel;

adding a predetermined amount of an energetic material to said fractionated gel to form a uniform dispersion of gel and energetic material;

adding a solvent to said uniform dispersion; and

drying said uniform dispersion to reform said gel to form a composite wherein said energetic material is uniformly dispersed throughout said reformed gel.

- 2. The process recited in claim 1, wherein said gel is a monolith made from a metal alkoxide.
- 3. The process recited in claim 1, wherein said gel is a silica gel made from tetramethyl orthosilicate (TMOS).
- 4. The process recited in claim 1, wherein said energetic material is RDX or PETN.

5. The product produced by the process recited in claim 1.

6. A method comprising:

dissolving at least one silicon alkoxide in a solvent to form a silicon alkoxide solution;

dissolving at least one energetic material in a solvent to form an energetic material solution, said solvent being the same solvent as said silicon alkoxide is dissolved in;

dissolving a catalyst in a solvent to form a catalyst solution, said solvent being the same solvent as said silicon alkoxide is dissolved in;

pouring alternating portions of said catalyst solution and said energetic material solution into said silicon alkoxide solution with stirring to form a gel precursor solution;

allowing said gel precursor solution to gel; and

drying said gel to form an energetic composite having energetic molecules crystallized within the pores of a silicon sol-gel material.